

## MEALS ON WHEELS

### **What exactly is Meals on Wheels?**

- A national program of assistance to homebound people, primarily over 60, who are at some level of nutritional risk. Spectrum Generations, the Central Maine Area Agency on Aging, delivers Meals on Wheels from seven locations throughout Central Maine.

### **What is nutritional risk?**

- An inability to prepare meals due to illness or conditions such as light headedness or imbalance; to operate simple kitchen appliances; or to shop regularly.

### **What does this service provide?**

- Five nutritious meals per week, delivered to your home by a volunteer driver.

### **How much does it cost?**

- There is no charge, though recipients have the opportunity to make contributions. Suggested donation for a meal is \$4.00.

### **How do I apply?**

- If you live in Brunswick, Harpswell, or Sagadahoc County, call 729-0475. If you are homebound, you will begin receiving meals within a few days and will receive a home visit to assess your needs.

### **Are there other benefits?**

- Volunteer drivers perform a regular health and safety check with each meal, in addition to providing a friendly smile!

For more information about Spectrum Generations, please call 1-800-639-1553, visit our website at [www.spectrumgenerations.org](http://www.spectrumgenerations.org), or visit one of our Community centers today to check out our variety of new and favorite activities, programs and services to help you along your path to living well.

